

Paediatric referral guidelines for Southwark and Lambeth

- Clinical queries or referrals should be directed to your Child Health Team (CHT) (also known as 'in-reach') and patch paediatrician via the triage list on EMIS in the first instance.
- Specialist services e.g. Gastro, Respiratory, Neurology, Rheumatology may not accept referrals
 directly from primary care, as almost all children should be seen by General Paediatricians, thus
 please direct to your CHT in the first instance.

• Exceptions:

- Paediatric Surgery specialties ENT, Surgery e.g. to Paediatric Surgery for an inguinal hernia, or to Cardiology for a murmur picked up on 6 week check, and developmental concerns to Community teams. If in doubt, speak to your CHT first.
- o Children moving in to the area known to specialist teams already who need transfer of care
- If unsure where to refer please discuss via CHT.
- Our Patch community children's nurses (CCN) will see children with Eczema, Asthma and Constipation see referral criteria in the relevant section below.
- If you are acutely worried about a child, and for urgent clinical cases or referrals call the CARS number via Consultant Connect.
- Remember you can also get children reviewed by the Hospital@home nursing service.
- Where referral is required, or suggested by the CHT, please see contents page below.
- Please also see our one-page guidelines for Primary Care, which can be found in DXS under 'CYP Guidelines', and are listed below:

Management of cardiac murmurs detected in primary care
Management of chest pain and/or palpitations in children within primary care settings
Management of chronic abdominal pain in children
Management of constipation in children and young people
Management of food allergy in children (& cow's milk protein allergy)
Management of gastroesophageal reflux in children up to 12 months
Management of lymphadenopathy in children
Primary care management of bronchiolitis

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Allergy	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
In the first instance, please discuss with your CHT. If advised, can refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Allergy Service name: F2F Children's Allergy Service - Evelina Children's Hospital – St Thomas' Site – RJ1*	In the first instance, please discuss with your CHT. If instructed to refer consider e-RS advice and guidance function with an option to convert to appointment. Specialty: Children's & Adolescent Services Clinic type: Allergy Service name: Child & Adolescent - Paediatric
There are a number of different services available, including a transition adolescent service, a drug allergy service, a yellow fever vaccination	Allergy & Immunology Outpatients - @ DH for King's College - RJZ
assessment and a video allergy clinic for babies under 10months old.	Website: Paediatric allergy King's College Hospital
Website including additional e-RS information: <u>Allergy service Evelina London</u>	

Food allergies may be suitable for dietetics alone, via e-RS:

1. DISH (dietetics investigational skin prick test) - for children with allergies, no asthma or eczema:

Can be referred directly to the DISH clinic, via e-RS Dietetics:

Specialty: Children's & Adolescent Services

Clinic type: Allergy

Service name: Children's Allergy Dietitian Service (DISH) – Evelina Children's Hospital – St Thomas'

Site - RJ1

- The waiting time is 8-10 weeks.
- Inclusion criteria: Single or multiple food allergy, up to 4 years and no known uncontrolled atopic disease (asthma, allergic rhinitis, eczema)
- Exclusion criteria: 1. Recent hospital admission due to exacerbation of atopic disease, 2.
 Uncontrolled atopic disease (asthma, allergic rhinitis, eczema), 3. Children with complex interacting conditions 4. Referrals for conditions other than food allergy

2. Isolated suspected non-IgE mediated Cows' Milk Protein Allergy (CMPA) in infants (under 14 months) without faltering growth.

Referral via e-RS Dietetics:

Speciality: Dietetics

Clinic Type: Food Allergy and Intolerance, Clinic

Service name: Telephone Non IgE-mediated Cow's Milk Allergy Rapid Access Clinic - Dietetics -

Guy's & St Thomas

- Need referral form on DXS.
- Inclusion criteria: Child under 14 months of age with delayed symptoms (2-72hours) to dairy (with
 or without soya) without growth faltering and no improvement after two weeks of first line
 treatment for colic, GORD, eczema or constipation.

There is also a SEL guideline for CMPA: Paediatric (Cow's Milk Allergy) Nutrition

Can refer to the Patch Children's Community Nursing (CCN) service via gstt.patchccn@nhs.net, if child:

- Is aged 2-15 years old
- Has diagnosis of Asthma or Suspected Asthma (if suspected asthma then ICS trial must have been started and reviewed by referring clinician to assess if further support needed)
- On a Very Low or Low dose of ICS/combination inhaler +/- LTRA (up to BTS step 3 <u>BTS Quick guide</u>).
 For patients on Flixotide 125/ Seretide 125 1 puff BD please refer to CHT triage for consultant advice.
- Is not under a tertiary asthma service OR hospital asthma CNS AND
- Has ACT or C-ACT <20 (OR ACT 20-25 if 2x GP attendances in the past 6 months or 1x A&E attendances
 in the past 12 months) AND/OR ≥ 6 bronchodilators prescribed within the last year (please check
 reason for multiple prescriptions/ if inhalers being used
- Additional support need must be identified (e.g. poor control, poor understanding of condition must be specified in referral)

Where criteria have not been met please refer to CHT for advice and guidance. Please signpost to the Asthma health support pack here: https://www.evelinalondon.nhs.uk/patchccn

Lung function referrals for diagnostic uncertainty in asthma – via your CHT as primary care cannot refer directly and slots are limited. Although NICE guidelines advise spirometry, it is not feasible for all children with suspected asthma. Whilst spirometry is the gold standard in adults, it is also often unreliable in children. Our approach currently is to only do it in the following situations:

- 1. Diagnostic uncertainty
- 2. Poor control this last one might indicate a need for referral to secondary care asthma nurses.

Audiology

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Information here: Audiology service

Referrals should be sent either by email gstt.CYPACReferrals@nhs.net using the audiology referral form. Referral criteria for Lambeth and Southwark are here.

If there are speech and language concerns, please also make a referral to the <u>speech and language team</u> at the same time as a referral to audiology.

Autism Spectrum Disorder (ASD) / Autism & Related Disorders (ARD)

Refer directly to community paediatrics (include as much information as possible) - email stt.evelinacommunityreferrals@nhs.net. Referral forms available here and on DXS.

Bladder and Bowel

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- Southwark: Bladder and Bowel clinic at Sunshine House via Community referrals email below.
- Lambeth: Bladder clinic at Mary Sheridan via Community referrals email below.
- Community referrals email: gstt.evelinacommunityreferrals@nhs.net
- Referral forms available here and on DXS.
- Please ask parents to fill in a bladder diary before their appointment.
- ERIC also has lots of resources for parents <u>www.ERIC.org.uk</u>

Cardiology

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Please discuss with your CHT in the first instance.

If advised to refer directly, routine (e.g. murmur picked up on 6 week check) – e-RS and Heart referrals.

Specialty: Children's & Adolescent Services

Clinic type: Cardiology

Service name: Children's Cardiology Referral Assessment Service - Evelina Children's Hospital-St Thomas' -

RI1*

If urgent – discussed with CARS <u>Heart referrals</u> or the on call SpR at Evelina. ECG – via your CHT as primary care cannot refer directly for paediatric ECG.

Constipation

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Can refer to the Patch Children's Community Nursing (CCN) service via gstt.patchccn@nhs.net, if child:

- Is aged 6 months-15 years old
- Has a constipation diagnosis
- Has had an examination to rule out any red flags
- Has been signposted to basic education, started on macrogol and treatment reviewed. See management of constipation one page guidance within CYP Guidelines in DXS.

Where criteria have not been met please refer to CHT for advice and guidance.

Please signpost parents to the Constipation health support pack here: https://www.evelinalondon.nhs.uk/patchccn

Dermatology	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
For paediatric dermatology advice, please use the 'Photosaf' option within the Consultant Connect App to send photos directly to paediatric dermatology, who respond quickly with advice, within the app. If referral suggested, make a referral on DXS to the Community Dermatology team. Or can refer for advice and guidance via e-RS to local community dermatology service — can upload images. Specialty: Children's & Adolescent Services Clinic type: Dermatology Service name: Children's Dermatology-See Exclusion-St Thomas' site-Guy's & St Thomas'-RJ1	Please discuss with your CHT in the first instance. If referral suggested, then referral for advice and guidance via e-RS to local community dermatology service – can upload images. Specialty: Children's & Adolescent Services Clinic type: Dermatology Service name: Child & Adolescent - Paediatric Dermatology Outpatients - @ DH for King's College Hospital – RJZ Website: Dermatology King's College Hospital
Websites:	
Community dermatology, Lambeth and Southwark	
Children's dermatology	

Developmental/ Behavioural concerns

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If the child is under 5 years old with any developmental or behavioural concerns, they can be referred to their health visitor for assessment and advice. In school age children, the school nurse is also a good source of support.

Many patients can be seen by therapy teams without being referred to community paediatrics, if it's an isolated area of delay.

- If there is **speech and language delay**, please refer to <u>speech and language therapy</u> and <u>audiology</u>.
- If there is **gross motor delay**, please consider referral to <u>physiotherapy</u>.
- If there is fine motor or self-care skills delay, please consider referral to occupational therapy and signpost to helpful resources.
- If there are any developmental delay red flags or regression, if you're suspecting global
 developmental delay or autism, please refer to community paediatrics directly (include as much
 information as possible) email gstt.evelinacommunityreferrals@nhs.net. Referral forms available
 here and on DXS.
- If you suspect ADHD or have ADHD concerns:

Lambeth

- Aged 6-11 refer to community paediatrics. Referral forms available here and on DXS. Email gstt.evelinacommunityreferrals@nhs.net
- Aged over 11 refer to CAMHS (see Mental Health).

Southwark

Aged over 6 years - refer to CAMHS (see Mental Health).

Please review this resource for forms of mental health support https://bit.ly/cypmh_directory. There are developmental resources for Lambeth school age and preschool children on DXS, which list other forms of support.

Dietetics

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Please discuss any issues with failure to thrive, obesity with your CHT.

If going directly to dietetics - via e-RS:

Specialty: Dietetics

Clinic Type: Select one of the clinic types – Food Allergy and Intolerance/ Gastroenterology/ Not

Otherwise Specified/ Undernutrition/ Weight Management

Service name: Children's Dietetic Service - Dietetics - St Thomas' Site - RJ1

Further information here: Nutrition and dietetics referrals

The HENRY programme for families of children aged 0-5 (incl nutrition) runs in Lambeth and Southwark – information here: https://bit.ly/EvelinaHENRY

Eating disorders

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Referral to Maudsley Centre for Eating Disorders or ARFID service here.

Eczema

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Can refer to the Patch Children's Community Nursing (CCN) service via gstt.patchccn@nhs.net, if child:

- Is aged 0-15 years old
- Has an eczema diagnosis
- Has started on emollients and topical steroids appropriate for the severity of eczema
- Has been signposted to basic education and treatment reviewed.

Where criteria have not been met please refer to CHT for advice and guidance.

Please signpost to the Eczema health support pack here: https://www.evelinalondon.nhs.uk/patchccn

Endocrinology	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance. If advised refer via e-RS for referral requests, not direct bookings: Specialty: Children's & Adolescent Services Clinic type: Endocrinology Service name: Children's Endocrinology RAS - Evelina Children's Hospital - St Thomas' - RJ1	Please discuss with your CHT in the first instance. If advised refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Endocrinology Service name: Child & Adolescent - Paediatric Endocrinology Outpatients- @ DH for King's College Hospital – RJZ
Website: Endocrinology referrals	Website: Paediatric endocrinology

ENT Ctrl+click to go <u>back to Contents</u>

Refer via **e-RS**:

Specialty: Children's & Adolescent Services

Clinic type: ENT Service names:

Children's Specialist ENT General, St Thomas' site-Guy's & St Thomas-RJ1 Children's Wax Removal Clinic - ENT - St Thomas' site-Guy's & St Thomas'-RJ1

Website: Ear, nose and throat (ENT) referrals

Feeding concerns Ctrl+click to go back to Contents Please discuss with your CHT in the first instance.

Gastroenterology	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance. Website: Gastroenterology and nutrition service	Please discuss with your CHT in the first instance. If recommended by CHT this referral can be made via e-RS: Specialty: Children's & Adolescent Services Clinic type: Gastroenterology Service name: Child & Adolescent - Paediatric Gastroenterology Outpatients - @ DH for Kings College – RJZ
	Website: Paediatric gastroenterology and nutrition

General Paediatrics	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance. If advised, for example if requiring urgent review, refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Other Medical Respiratory Service name: General Paediatrics Referral Assessment Service(RAS) - Evelina London Children's Hospital - RJ1	Please discuss with your CHT in the first instance. If advised, refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Other Medical Service name: Child & Adolescent - Paediatric General Medicine Outpatients - @ DH for King's College – RJZ If your CHT or a consultant via the consultant connect phone advises you to refer to 'Rapid Access Clinic' or 'RAC' please email the referral directly to: kch-tr.ambulatorypaediatrics@nhs.net

Gynaecology	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance. If recommended by CHT this referral can be made via e-RS	Please discuss with your CHT in the first instance. If recommended by CHT this referral can be made via e-RS to King's: Specialty: Children's & Adolescent Services Clinic type: Gynaecology Service name: Child & Adolescent - Paediatric & Adolescent Gynaecology Outpatients - @ DH for King's College-RJZ

Haematology

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Please discuss with your CHT in the first instance.

If advised refer via e-RS:

Specialty: Children's & Adolescent Services

Clinic type: Paediatric Haematology

Service name: TELEPHONE Children's Haematology

- Evelina London Children's Hospital - RJ1

Website: Haemophilia and haematology referrals

Please discuss with your CHT in the first instance.

If advised refer via e-RS:

Specialty: Children's & Adolescent Services

Clinic type: Other Medical

or

Paediatric Haematology

Service name: Child & Adolescent - Paediatric Haematology Outpatients - @ DH for King's College

Hospital - RJZ

Website: Paediatric haematology

Hepatology

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Please discuss with your CHT in the first instance. If recommended by CHT this referral can be made via ${f e}$ -

RS to King's:

Specialty: Children's & Adolescent Services

Clinic type: Other Medical

Service name: Child & Adolescent - Paediatric General Liver Clinic - @ DH for King's College Hospital - RJZ

Fatty liver: please discuss with your CHT about initial investigations and penicillamine challenge.

Website: Paediatric liver | King's College Hospital

Infectious diseases and immunology

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Please discuss with your CHT in the first instance.

If advised refer via e-RS:

Specialty: Children's & Adolescent Services

Clinic type: Immunology

or

Other medical

Service name: Children's infectious diseases and immunology (PIID) – not allergy

Website: Infectious diseases and immunology referrals | Evelina London

Long COVID

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Please discuss with your CHT.

Mental Health

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Please consult the CYP MH directory (https://bit.ly/cypmh_directory) for details of Lambeth and Southwark support for children and young people.

To refer to Children and Adolescent Mental Health Services (CAMHS):

- Lambeth: <u>Service Detail South London and Maudsley (slam.nhs.uk)</u>
- Southwark: Service Detail South London and Maudsley (slam.nhs.uk)

For Lambeth residents, the Well Centre provides bio-psycho-social support for young people aged 11-25.

Neurology / First fit	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance – if recommended, referral via e-RS for first fit or established epilepsy which has moved from another area: Specialty: Children's & Adolescent Services Clinic type: Other Medical Respiratory Service name: General Paediatrics Referral Assessment Service(RAS) - Evelina London Children's Hospital - RJ1	Please discuss with your CHT in the first instance – if recommended, refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Neurology Service names: Child & Adolescent - Paediatric Neurology Outpatients - @ DH for King's College - RJZ or Child & Adolescent - Paediatric Epilepsy Outpatients - @ DH for King's College - RJZ

Occupational Therapy

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Please discuss with your CHT in the first instance – if recommended, refer via the referral form and email found here: <u>Community occupational therapy referrals | Evelina London</u>

Ophthalmology	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Referral via e-RS: Specialty: Ophthalmology Clinic type: Various – please choose from list Service name: Ophthalmology Single Point of Access (South East London Patients) - Guy's & St Thomas'-RJ1*	Referral via e-RS: Specialty: Children's & Adolescent Services Clinic type: Ophthal – Not otherwise specified Service name: Child & Adolescent - Paediatric Ophthalmology - @ DH for King's College Hospital - RJZ

Orthopaedic and spinal	Ctrl+click to go <u>back to Contents</u>
Evelina London Children's Hospital	King's College Hospital
Please discuss with your CHT in the first instance – if recommended, refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Orthopaedics Service name: Paediatric Orthopaedics RAS – Guy's and St Thomas'-RJ1 or Children's spinal RAS Service – Orthopaedics –	Please discuss with your CHT in the first instance – if recommended, refer via e-RS: Specialty: Children's & Adolescent Services Clinic type: Orthopaedics Service name: Child & Adolescent - Paediatric Trauma & Orthopaedics - @ DH for King's College Hospital – RJZ
Evelina Children's Hospital – St Thomas' Site -RJ1*	Website: Orthopaedics and trauma
Website: Orthopaedic and spinal referrals	

Physiotherapy

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For more information about physiotherapy services see here: Community physiotherapy referrals

Note: Developmental Physiotherapy and MSK Physiotherapy are different services.

Developmental Physiotherapy

Referrals should be sent to the community Paediatrics team via email sstt.evelinacommunityreferrals@nhs.net

Use combined referral form for all other Community Paediatrics referrals – available <u>here</u> and on DXS.

Evelina London Children's Hospital	King's College Hospital
MSK Physiotherapy Please refer to our physiotherapy outpatient services at Evelina London if the child lives in SE1, SE11, SE16, or SW postcode, via e-RS: Specialty: Physiotherapy Clinic Type: Musculoskeletal Service name: Paediatric Physiotherapy (Exclusions Apply) - Evelina Children's Hospital - Guy's & St Thomas' - RJ1	MSK Physiotherapy Please refer to King's College Hospital if the child lives in SE5, SE15, SE17, SE19, SE20. Send referral via nhs.net to: kch.therapyreferrals@nhs.net
See website for more details and exclusions.	

Plastic surgery

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Please discuss with your CHT in the first instance – if recommended, refer via e-RS:

Specialty: Children's & adolescent services

Clinic type: Plastic surgery

Service name: Children's GENERAL Plastics Surgery - Evelina Children's Hospital-St Thomas' site-RJ1*

Website: Plastic surgery referrals | Evelina London

Renal

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Please discuss with your CHT in the first instance – if recommended, refer via e-RS:

Specialty: Children's & Adolescent Services

Clinic Type: Nephrology

Service name: Children's Nephrology/Renal service - Evelina Children's Hospital-Guy's & St Thomas' - RJ1

Website: Kidney service referrals | Evelina London

Respiratory

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Please discuss with your CHT in the first instance.

Rheumatology

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Please discuss with your CHT in the first instance – if recommended, refer via e-RS:

Specialty: Children's & Adolescent Services

Clinic type: Rheumatology

Service name: Children's Rheumatology Service @ Evelina London Children's Hospital - RJ1

Website: Rheumatology referrals | Evelina London

Sleep difficulties

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Evelina sleep clinic only accepts referrals from secondary care, so please refer to CHT in first instance.

Refer to community paediatrics if >5 for sleep clinic for children with neurodevelopmental problems.

For <5 direct to health visitor and signpost to children's centre.

Speech and language concerns

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- Can be referred via email: gstt.evelinacommunityreferrals@nhs.net
- Please read and fill in referral form available online: Community speech and language therapy referrals
- Please make a referral to <u>audiology</u> at the same time referrals should be sent either by email <u>gstt.CYPACReferrals@nhs.net</u> using the <u>audiology referral form</u>.

Surgery/Urology

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Referral via e-RS (see below):

- Physiological phimosis no need to refer before puberty.
- Unilateral undescended testis refer after review at 4-5mo old (not at birth).
- Umbilical hernia and hydrocele refer after 4yo.

Evelina London Children's Hospital	King's College Hospital
Specialty: Children's & Adolescent Services Clinic type: Surgery - Not otherwise specified Service name: F2F Children's Surgery @ Evelina Children's Hospital - St Thomas' site-Guy's & St Thomas'-RJ1	Specialty: Children's & Adolescent Services Clinic type: Surgery – Not otherwise Specified Service name: Child & Adolescent - Paediatric General Surgery / Urology - @ DH for King's College Hospital – RJZ
Specialty: Children's & Adolescent Services Clinic type: Urology Service names - likely to change soon, but are currently: Children's Foreskin Clinic ONLY - Urology - Evelina Hospital-St Thomas' site-Guy's & St Thomas'-RJ1* Children's Urology - NO ULTRASOUND NEEDED PRIOR TO APPT - Evelina Hospital-St Thomas' Site-RJ1* Children's Urology - ULTRASOUND REQUIRED PRIOR	Website: Paediatric surgery King's College Hospital
TO APPOINTMENT -Evelina Hospital-St Thomas' Site-RJ1* Websites: General surgery referrals Evelina London Urology referrals Evelina London	

Tics

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- As per national guidance from <u>NICE</u>, uncomplicated tic disorders do not require secondary care referral.
- NHS.UK has some useful information to help families manage simple tics https://www.nhs.uk/conditions/tics/treatment/
- The Evelina Tics and neuro-developmental movements (TANDeM) team has this <u>useful leaflet</u> on sterotypies.
- If tics are really interfering with day to day functioning, please refer to CHT.

Tongue tie

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Signpost to breastfeeding services for assessment for whether tongue tie division is required.

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